



## **American Red Cross Lifeguard Training Registration**

The purpose of the American Red Cross Lifeguard course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatics emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

### **Prerequisites**

1. Must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute and 40 seconds.
  - a. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - b. Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object.
  - c. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to breath. Candidates should not swim the distance underwater. Exit the water without using a ladder or steps.

The prerequisite skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class. All students must bring some form of identification for age. Students that complete the prerequisites will need to purchase the Adult/Child, Infant CPR Mask and the Lifeguard Participant Manual from American Red Cross ([www.redcrossstore.org](http://www.redcrossstore.org)). You must have all materials before the first class.

Upon successful completion of the American Red Cross Training course, you will receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years.

### **To register for lifeguard training**

You may register in person at the Centennial Sportsplex or call (615)862-8480.

Payment will be required at the time of registration.

Class fee: \$177.00 (Davidson county residents) / \$192 (non-Davidson county resident)

In order to be eligible for a resident fee, the user must reside in Davidson County. Anyone found giving false information about residency to purchase a membership or class would be barred from purchasing the same in the future. Refunds will not be available to anyone giving false information.

Date \_\_\_\_\_  
Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone (Day) \_\_\_\_\_ (Night) \_\_\_\_\_  
Name of class \_\_\_\_\_ Session \_\_\_\_\_  
Email Address \_\_\_\_\_

**Refund Policy:** Refund request must be done 10 days prior to the start of the class that the participant is registered. No refunds will be given for those who do not show up for the start of the class. Refunds can be given to those who do not complete the prerequisite portion only and to those who request 10 days prior to the start of the class. Those who pay with cash or check refund will take up to 6 weeks to process. Those who pay with credit cards can be refunded in 24 hours.

